



Blackwood Parent Notes



November 2009

It appears that the flu has slowed down as our absentee rate has returned to almost normal. Please continue to encourage your child to wash their hands thoroughly and use our hand sanitizer stations. We will continue to disinfect our school daily until the flu has subsided. If your child missed days due to illness, please contact your teacher about missed work.

You should have already received a parent conference time from your child's teacher. If you have to cancel your appointment, please let the teacher know in advance so they may offer that time to another parent.

Kim Capone

Principal

kcapone@gloucseter.k12.nj.us



1/2 days - During the $\frac{1}{2}$ days on November 18th, 19th & 20th, breakfast and lunch will be served. The lunch periods will be 30 minutes but will be adjusted to fit into our shortened day.



Inclement Weather - it is time to start thinking about inclement weather days. Please do not call our office to ask if school is closed or has a delayed opening. The phones ring off the hook whenever we have bad weather. It makes it very difficult for the secretaries in the mornings. If schools are closed or delayed, you will receive an automated phone message from Mr. Seddon. If you must call, please call our 24 hour hotline at 856-232-3045. You may also go to our website at www.gloucestertownshipschools.org. Our closing number is 552 and you can tune to channel 19, 3, 6, 10 or 28 for school closing information. You may also listen to KYW 1060 AM radio. There are many ways to learn about school closings, PLEASE DO NOT CALL OUR SCHOOL NUMBER for school closing information.



Lunches - FYI - breakfast and lunch will be served on any day our school is open. That means when there is a delayed opening; breakfast will still be served along with the regular lunch.



Veterans' Day, November 11th - Schools are open on Veterans' Day, but we will have classroom activities to honor our fallen veterans, those who served and those protecting us today. We would like to invite any veteran or active duty military person to come into our school and meet our children. This may be a relative or friend; we would welcome any member of the military. You don't have to make a speech or organize a program, but meet with our children and answer questions that they may have about military life. You are our heroes and it would be great for our kids. If interested, please contact your child's classroom teacher. You may visit just one class or as many as you have time for.



PTO Meeting- Please plan on attending our PTO meeting on Tuesday, November 10th at 7 PM. Our meetings usually last no longer than 1 hour. We need your input on decisions for your kids. Please come out and support our hard working PTO.



Book Fair - Our first book fair will be held Friday, November 13th through Friday, November 20th. Students are scheduled to shop during their regular library day. The Book Fair will be

open for parents during conferences on Wednesday, Thursday, and Friday until 3 PM. It will also be open on Thursday evening from 5:30 -8:00 PM.



Parent Conferences, November 18, 19 & 20 (Grades 1-8) - You should have received your conference time from the classroom teacher. If not, please contact your child's teacher. Conferences are by appointment only.

Our dismissal time for grades 1-5 will be 12:45 p.m. Our pre-school and kindergarten will be on their regular schedules.

For those parents who have children in C.W. Lewis School, their dismissal time is 12:15 p.m. Please make sure that you have made arrangements for childcare due to the early dismissal.



Chuck -E-Cheese - Thanks to all who came out! We made \$308.



Fry King is returning! Yes, Monday, November 30th, is McDonald's Night (Blackwood -Clementon Rd - 4:30 - 8:00 p.m.). Mr. Capone will be making the BEST French Fries in the WORLD! If you haven't tried them before, then you don't know what you are missing. What's the secret? He'll never tell. We hope to see you there. Come out and support our PTO. You have to eat!



Box tops -Our total so far is \$1,246.50. Keep saving those box tops!



Franklin Institute Parent/Child trip - November 18th for 3rd grade. This trip is free for parents and children. You will receive a flyer with information on this trip. Every time we go, the Franklin Institute does things differently. Sometimes the IMAX theater is closed, sometimes you must pay for the movie. Sometimes the special exhibits are open, sometimes closed, and sometimes you must purchase a ticket. However, all the normal exhibits are usually open. No matter what, it is still a fun night for everyone.



Movie Night - Thursday, November 12th - Come out and enjoy a family evening. We'll provide the popcorn and juice. Movie to be determined. Students must be accompanied by a parent,

- Pre-school, kindergarten, and 1st grades - 5:30-6:30
- 2nd grade to 5th grade - 6:30 - 8:30



Dates to remember...

November 5th & 6th - Schools Closed (NJEA Convention)

November 10th - PTO meeting - 7 p.m. in our library

November 12th - Movie Night

November 13th - 20th - Book Fair

November 16th -20th - American Education Week

November 17th - Parent Visitation

November 18th - Franklin Institute Parent/child trip -3rd Grade

November 18th, 19th, & 20th - Parent conferences, November 19th evening conferences.

November 20th - Report Cards go home or time of conference

November 25th - Spirit Day - Eagles Green

November 26th & 27th - Schools Closed - Thanksgiving Recess

November 30th - McDonalds' Night

November 30th - December 4th - Holiday Bazaar

December 8th - School picture make-ups

December 17th - Winter Concert

Is My Child Too Busy?

By: *Dr. Mara P. Paradis*
Boys Town Pediatrician

It's pretty common to hear parents talk about racing their child from one club sport, to the next—or to an academic debate, school club or other roster of activities. For some children, adding extra-curricular activities may be due to the pressure of building a resume to get into a good college, while others feel peer pressure to hang out with a group of friends. Some parents might feel their child is “missing out” if he isn't constantly occupied. There are various reasons, but it all adds up to overload.

How Can Parents Tell if Their Child is Too Busy?

Boys Town Pediatrics helps parents look for signs of being over-loaded, such as:

- Feeling tired, exhausted or depressed
- Not enjoying the activity they once loved
- Lower grades in school
- Complaining of headaches or body aches, which may be due to stress or lack of sleep
- Having stomach pain, which may be due to missed meals or stress

An active schedule can wear on a child's social and family life. When a child is too busy to play with friends, his friendships may suffer—as does the family structure if one parent is busy running one child to baseball practice while the other parent is at a dance recital. Not to mention, it can be extremely tiresome for everyone involved.

If you feel your child is too busy, Boys Town Pediatrics offers tips to help you get back on track:

- Schedule activities in moderation. Start slow and add an additional activity when you feel your child is ready to multi-task.
- Make sure the activity is developmentally appropriate for the age of your child.
- Keep a family calendar to stay organized. Place the calendar in a place where everyone can see it and can add their activities.
- Mark off a day on the calendar as a family day. Do not schedule any individual activities on that day and do something together as a family.
- Parents may need to say “No”. If adding one more activity is going to overload your child, you can talk to her about dropping an activity to add the new one.

Take a moment and carefully examine your child's schedule. If you feel there are too many activities scheduled, talk with your child and together decide where you can cut back. Keeping a structured active schedule can play a role in the health and well-being of your child.



The best inheritance a parent can give his children is a few minutes of his time each day.

Orlando A. Battista



If you have a lot of tension and you get a headache, do what it says on the aspirin bottle:
"Take two and keep away from the children."